

## Sample Menu - Week 2

Monday	Tuesday	Wednesday	Thursday	Friday
<b>BF:</b> Continental option, fruit and/or cereal	Continental option, fruit and/or cereal	Continental option, fruit and/or cereal	Continental option, fruit and/or cereal	Continental option, fruit and/or cereal
<b>Snack:</b> Toast and two fruit options	<b>Snack:</b> Toast and two fruit options	<b>Snack:</b> Toast and two fruit options	<b>Snack:</b> Toast and two fruit options	<b>Snack:</b> Toast and two fruit options
Mixed tomato, vegetables & cous cous  Orange slices	Chicken stroganoff with rice  Melon	Salmon & pea risotto  Yoghurt & fruit puree	Butternut squash pasta with broccoli & spinach  Berries	Lentil & bean shepherd's pie  Mango bites
<b>Snack:</b> Cracker option, veg sticks	<b>Snack:</b> Cracker option, veg sticks	<b>Snack:</b> Cracker option, veg sticks	<b>Snack:</b> Cracker option, veg sticks	<b>Snack:</b> Cracker option, veg sticks
Houmous, wholemeal pittas, crudites & tomatoes.  Pear bites	Toasted wholemeal bagels with cheese, ham or tuna  Peaches	White bean soup  Apple & cheese platter	Broccoli & cauliflower cheese bites  Blueberries	Tuna wraps, wedges & peas  Melon